

THE PULSE

Cornford House & Fulbourn Health Centre Newsletter

Winter 2018



Spring is around the corner, have you checked your medications to check they are in date? Spring clean your Medicine cabinet now.

Seasonal flu vaccinations are still available. If you are eligible phone your practice now.



Why you shouldn't ask your GP for Antibiotics

An estimated 5000 deaths are caused each year in England because antibiotics no longer work for some infections, says Public Health

England. And that figure is set to rise, with experts predicting that in just over 30 years antibiotic resistance will kill more people than cancer and diabetes combined.

Experts warn that taking antibiotics when they are not needed can put you at risk of having more severe long term infection.

Antibiotic resistance is not a distant threat, but is in fact one of the most dangerous global crises facing the modern world today, says the medical director of Public Health England.

Taking antibiotics when you don't need them puts you and your family at risk of developing infections which in turn cannot be easily treated with antibiotics. Without urgent action from all of us, common infections, minor injuries and routine operations will become much riskier.

Electronic Prescription success

The health service has saved £130 million over three years by using its

Electronic prescription service, says NHS Digital. The service allows GPs to send prescriptions directly to pharmacies, which helps people save time and money when collecting their medicines.

GP practices also save an average of an hour and 20 minutes a day by signing electronic repeat prescriptions compared with paper versions.

Add spice, cut salt

If you are looking for ways to cut down on salt to help keep your blood pressure at a healthy level, why not try spicing up your meals instead?

According to recent research published in the journal 'Hypertension'

People who enjoy spicy foods appear to eat less salt and have lower blood pressure, which may help reduce their risk of heart attack and stroke.

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Home visits for frail patients.

Last year we piloted a 'visting GP' who did all the visits on any given day in response to an initiative by the Cambridge and Peterborough Clinical Commissioning Group. Our experience of this pilot was not positive for patients or staff, so we have reverted to the usual system of lunchtime home visits for those in need. We urge patients to only request visits if there is a genuine need as it takes up a lot of time to visit patients and we are able to see more people in a day if they are able to attend the surgery. For routine visits please make requests before 10.30 am. Please note the Duty doctor may triage visits as some requests may be dealt with over the phone, or utilizing the JET team (a paramedic and nurse lead service that may be able to carry out detailed evaluations and arrange a variety of treatments).

Personnel changes at the Surgery

There have been a few staff changes over the past year. Our Practice manager Russell Sims left the NHS, and a Deputy Manager has also left after a prolonged period of sickness. We were sad to see them leave but wish him well. We have promoted one of our deputy managers Sue Bowtle whom many of you will already know well, to Practice Manager.

Many of you will be pleased to that Dr Burling and Dr Martin are back from Maternity leave after giving birth to a beautiful baby girl and a handsome boy respectively. Many of you will have met and consulted with our new GP's, Dr Barbara Bull who trained in London and had been working in South Africa, and Dr Nick Green who is a part time GP and also works for the palliative team in Bedfordshire.

We are pleased to welcome Lyndsay Kerr an experienced nurse who has been working in Addenbrookes and has now become a practice nurse. She is currently in a transition phase and we look forward to her developing her GP practice nurse skills.